

## **Kids On the March**

Kids on the march!

How high can you lift your knees? (Lift knees high to the beat.)

How high can you swing your arms? (Swing arms up and down.)

March down low. (Bend down and march.)

March up high. (Stand tall and lift arms in the air.)

March out. (Extend legs and arms.)

March in. (Legs together and march with arms close by sides.)

March with rainbow arms. (Make arches with hands.)

March and lift opposite arms and legs. (Left leg and right arm.)  
(Right leg and left arm.)

Cross and tap elbows to opposite knees as you march. (Right hand  
to left knee and left hand to right knee.)

March in a circle. (March in one direction in a circle and then reverse.)

Quick step. (March, march, pause with knee lifted for two counts.)

Power march like you're late for the bus. (Swing arms and legs.)

Tip toe march like you're sneaking up on someone. (Tip toe.)

March in slow motion. (Step, pause, step, pause.)

March like a tin soldier. (Stiff arms and legs as you march.)

Activities: Make a long line and march around the room.

Make homemade instruments from paper towel rolls (sticks), paper plates (cymbals), toilet paper rolls (kazoos), and other objects. Have a parade and march and play!

March fingers on your desk or on your thighs.